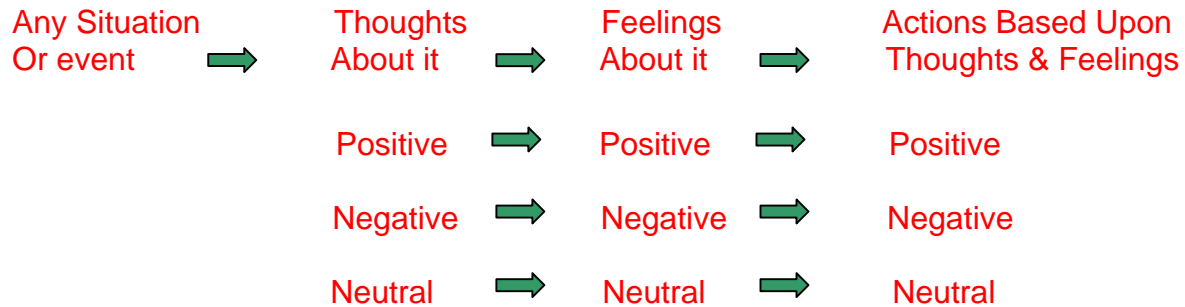




# ***MOVE!***

## **Thought Control**

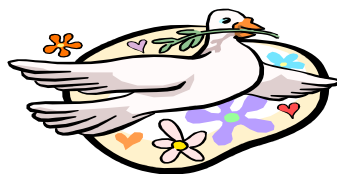
### **Get the Negative Out of Your Noggin!**



We always think something about everything, even if we're not aware of it. What we think determines what we feel and often what we do. When you catch yourself feeling stressed, angry, hurt, frightened, anxious, sad, depressed, etc., **STOP!** right then and ask yourself these questions:

1. What am I REALLY thinking?
2. Is that thought really SENSIBLE and REALISTIC, or I am making something out of nothing?
3. Do I have real evidence for thinking this way?
4. Is it GOOD FOR ME to be thinking this way?

Most of the time the answers to questions #2, #3, and #4 will be "NO" or "NONE". Therefore, you must immediately **STOP THINKING THAT TRASH** and start making yourself think something more sensible, realistic, and/or positive instead. Keep doing this as often as necessary to get the **NEGATIVE out of your NOGGIN!**



**Live in Peace – With Yourself...**